



# ECEAP

WASHINGTON STATE'S



EARLY CHILDHOOD EDUCATION  
AND  
ASSISTANCE PROGRAM

**Preschool for low-income and at-risk children in Washington State**

## Health, Nutrition, and ECEAP

**It's hard to learn on an empty stomach.** But many children from low-income families face that challenge every day. ECEAP includes health and nutrition as one of three core components of its comprehensive preschool services due to the need to focus on the whole child, recognizing the interconnectedness among health, education, and family issues. In order to meet the health and nutrition needs of participating children, ECEAP programs:

- ◆ Provide medical and dental exams to children within 90 days of their enrollment, in conjunction with Medicaid and local service providers who generously provide their services at low or no cost whenever available and possible.
- ◆ Ensure that all children are immunized in accordance with Washington State law.
- ◆ Screen children for their language/speech, visual perception, and audio/hearing skills, as well as for their physical growth and development, large and small motor skills development, and other special needs.
- ◆ Make mental health professionals available to provide on-site consultation, training, and referrals regarding healthy social and emotional development of children, and early identification of behavioral disorders, atypical behavior, and child abuse.
- ◆ Provide information and opportunities for families to learn about wellness and principles of preventive care.
- ◆ Offer meals and snacks meeting at least one-third of a child's daily nutritional needs during groups sessions.
- ◆ Participate in federally-funded food programs to the extent possible.
- ◆ Recognize individual differences and cultural patterns of enrolled children and families when designing food services and meals.
- ◆ Ensure indoor and outdoor facilities, materials, equipment, and transportation services meet applicable safety and sanitary regulations.

**ECEAP: Ready to Succeed!**

